

Match-Day Plan – Information

Date:

07 May 2023

Game Duration:

70 Minutes

Opposition:

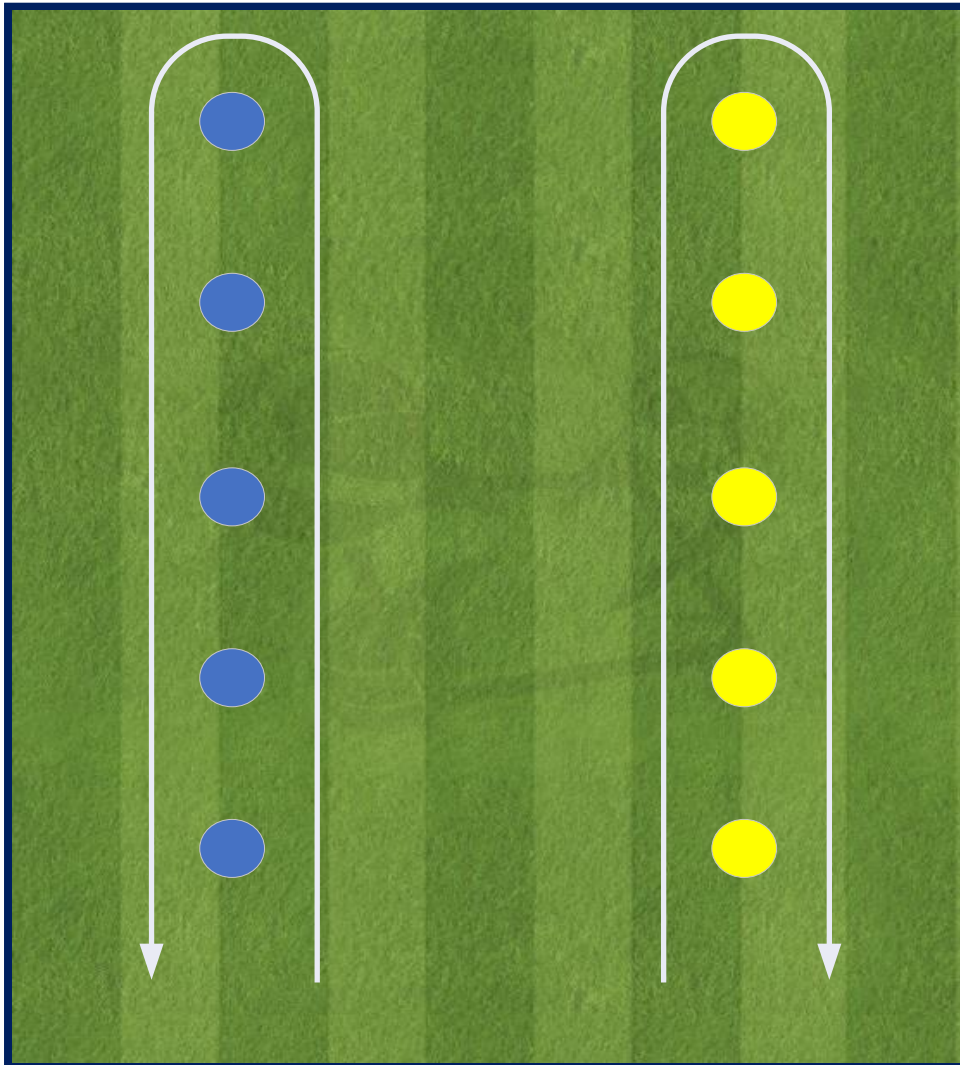
Chilcompton - Home

Kick-Off Time:

11:00

Arrival Activity/Warm-Up

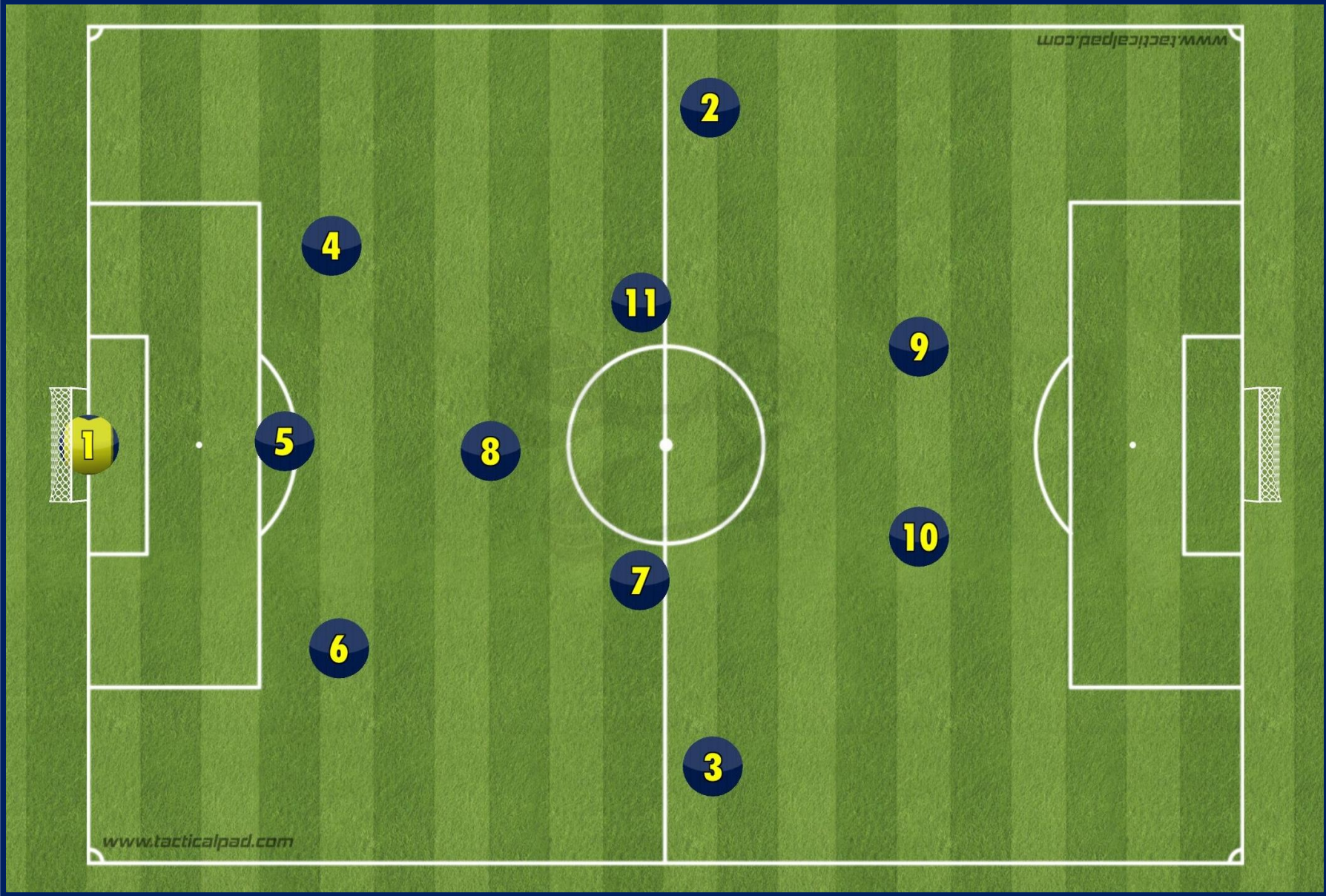
Squad List



- Jog up – Jog back
- Knee highs up – Jog back
- Heal highs up – Jog back
- Open gate up – Jog back
- Close gate up – Jog back
- Touch cones up – Jog back
- Zig zag up – Sprint back

Team Formation

Formation: 1 - 3 - 5 - 2



Objectives

Individual Objectives:

- **Scan – Ball, Opposition, Teammates and Space**
- **Communications – Loud and effective**
- **Concentrate on your first touch due to condition of the pitch**
- **Have the right mind-set - Don't assume we will win**
- **Be aggressive in pressing the ball and opposition**

Team Objectives:

- **Press high if opposition play out from the back**
- **Drop if their goalkeeper kicks long**
- **Look to play the ball into wide areas quickly – Opposition play low block**
- **Be creative in the final third and move the ball quickly**
- **Support each other by making passing angles and communicating well**

Match-Day Reflections

Reflections

An earlier kick off than usual today. We set up in our usual starting formation of 1-3-5-2. Again, we know the opposition well as we have played them 3 times already during the season.

We asked the players to continue to implement the work we have been doing recently in training. This has been focused on communications, scanning and having the correct mindset.

The squad arrived and were focused and did the warm up really well.

Our strategy today was to be better at moving the ball out to the wide areas to utilise our fast wing back against a low compact block. It was slightly more difficult this week as the opposition were stronger and defended well, however we did play some really good combination play to get the ball wide and lots of ball mastery skills on show. Confidence was high in the group after a successful season.

The communications were also very good. A massive improvement since we started working on this area.

The team shape was very good both in and out of possession. The players are really starting to understand and implement the 3 and 5 lanes that we have been working on a lot recently although the newer players still need some work on this as they continue to be caught out of position.

Again, very few negatives today. The only observation for me was some of the players were focused more on what the opposition were doing in terms of fouls etc and the referee decisions. Some stopped playing when the referee hadn't stopped the game which put us under pressure at times.

We were up against a physical side and a couple of our players were a bit too "hands-on" and committing silly fouls. This is something we will approach in the Psychological corner.